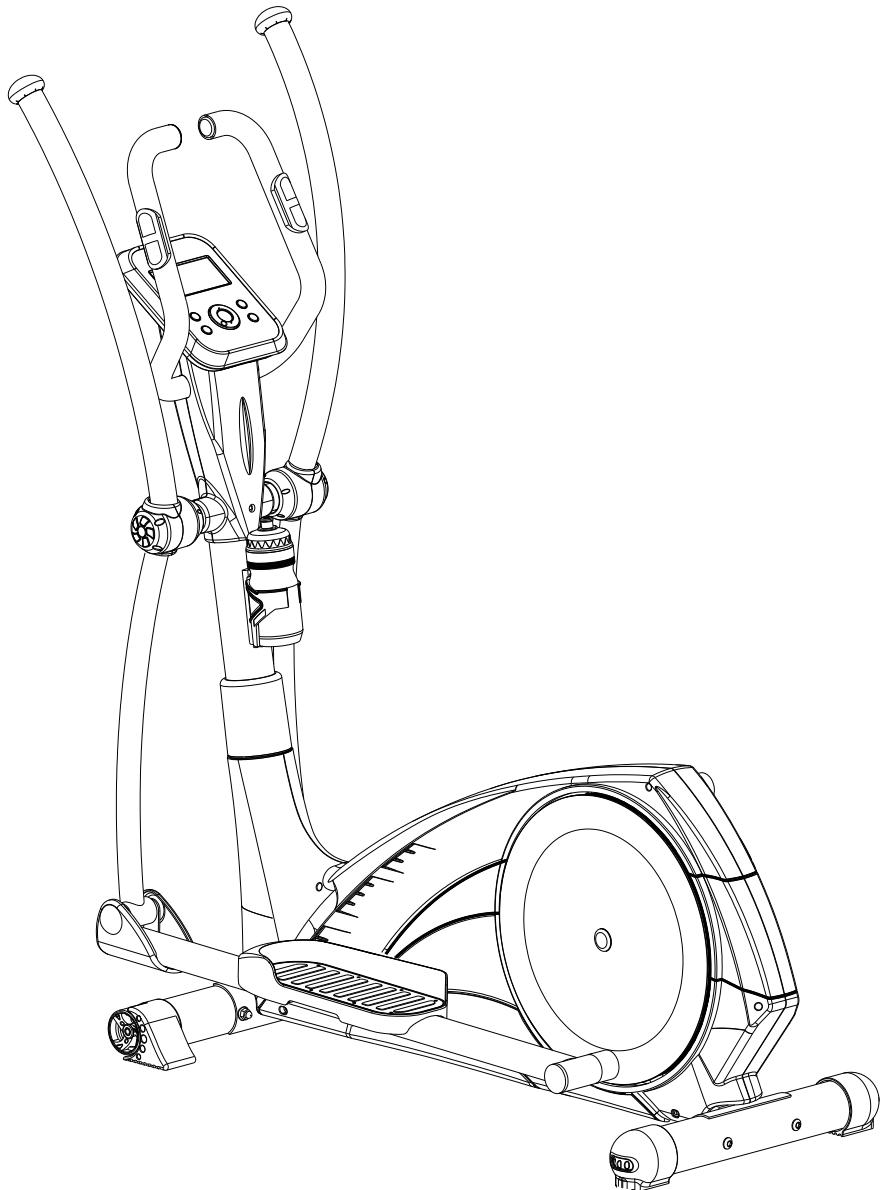




User Manual - EN

IN 4388 inSPORTline Elliptical Bike Caracas (KH-831C2)



Safety Instructions

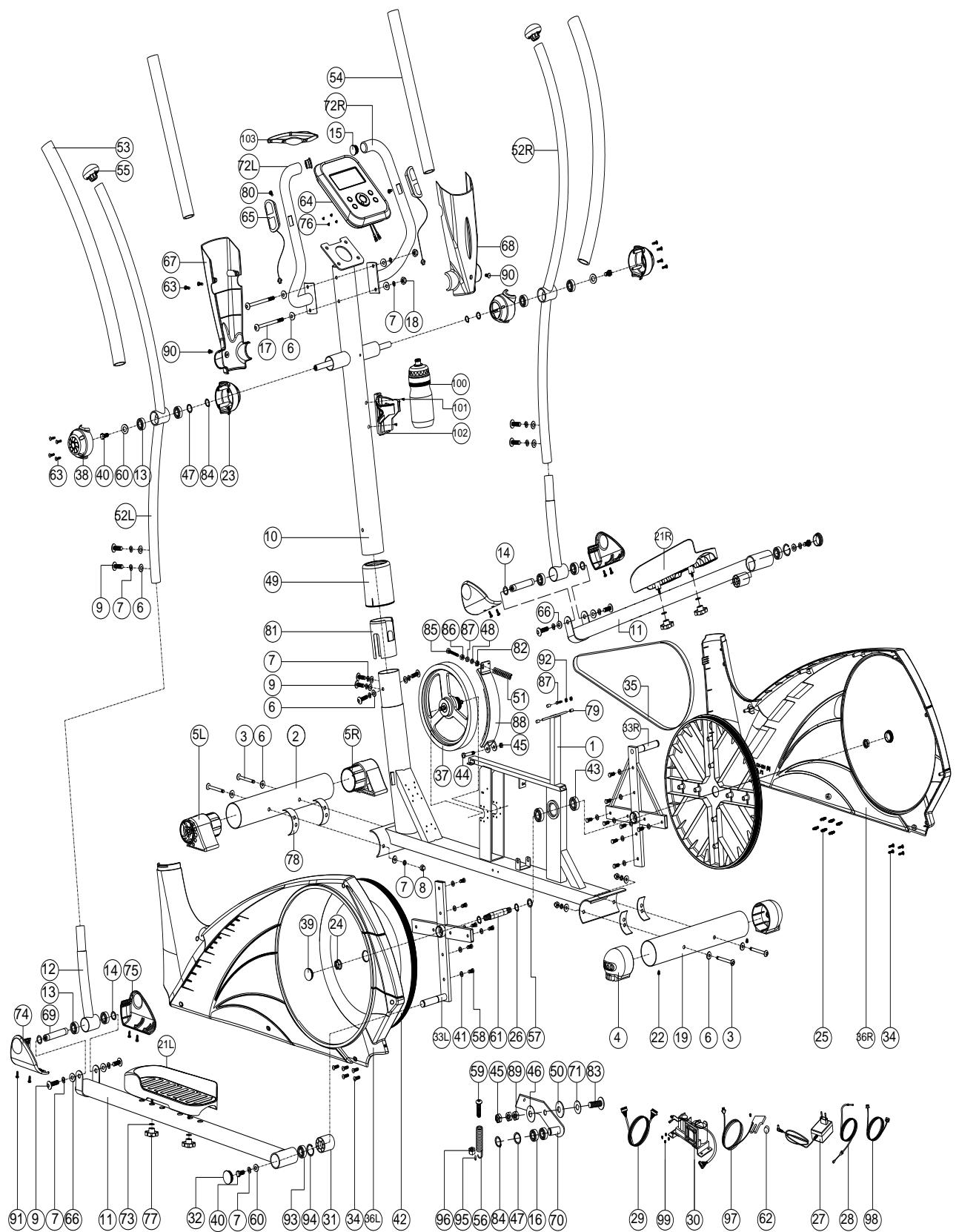


- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

Important Notes

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the content of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

EXPLODED DRAWING



PART LIST

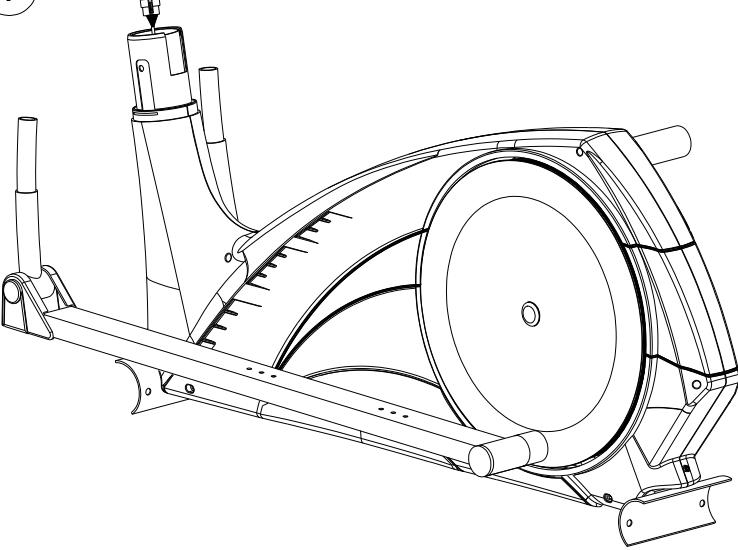
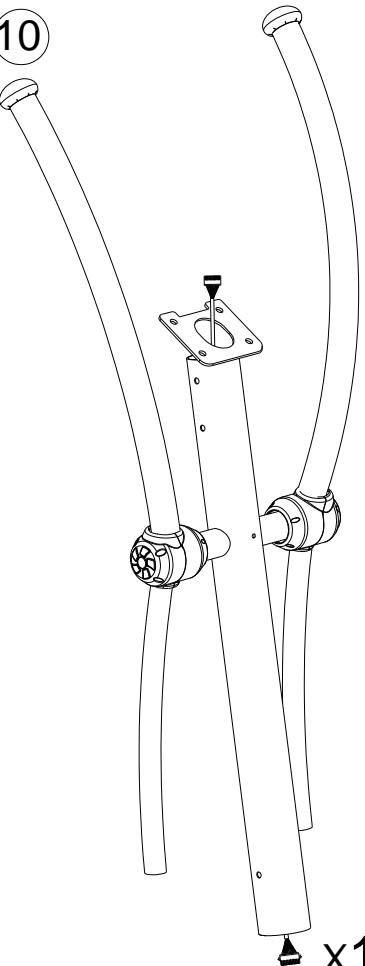
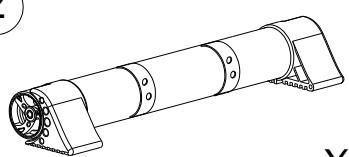
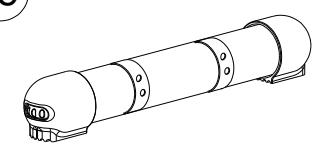
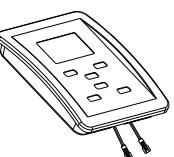
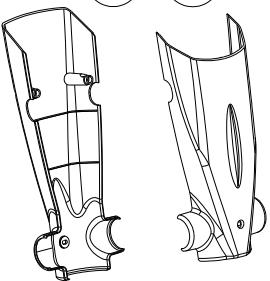
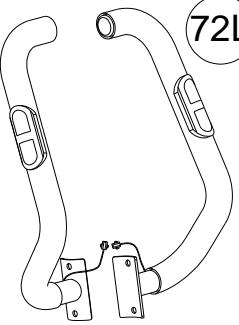
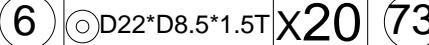
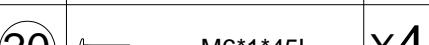
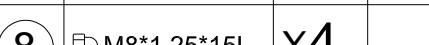
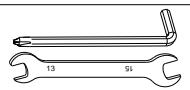
NO.	Description	Q'TY	NO.	Description	Q'TY
1	Main frame	1	31	Pedal axle cover D46x35	2
2	Front stabilizer D76x1.5Tx480L	1	32	Round end cap D45*15	2
3	Inner allen bolt M8*1.25*95L	4	33L	Left crank welding sets	1
4	Adjustment foot cap D76*86	2	33R	Right crank welding sets	1
5L	Left moveable foot cap D76*120L	1	34	Round cross screw ST4.2x1.4x20L	9
5R	Right moveable foot cap D76*120L	1	35	Poly belt 1651 pj6	1
6	Curve washer D22xD8.5x1.5T	20	36L	Left chain cover 1200.5*62	1
7	Spring washer D15.4xD8.2x2T	20	36R	Right chain cover 1200.5*66.5	1
8	Domed nut M8x1.25x15L	4	37	Flywheel D300*32	1
9	Allen bolt M8x1.25x20L	12	38	Upper foot cap (right) 80*50*87	2
10	Handlebar post set	1	39	Side cover D36*16	2
11	Pedal supporting post	2	40	Bolt M8x1.25x20	4
12	Movable supporting post	2	41	Flat washer D14*D6.5*0.8T	16
13	Bearing #99502ZZ	8	42	Round disc D456*29	2
14	Flat washer D23*D17*1.2T	4	43	Bearing #6004-2RS	2
15	End cap D25.4*31L	2	44	Bolt M8*52L	1
16	Bearing #99502ZZ	2	45	Nylon Nut M8*1.25*8T	2
17	Inner allen bolt M8x1.25x100L	2	46	Plastic flat washer D50*D10*1.0T	1
18	Nylon nut M8*1.25*8T	2	47	Waved washer D21xD16x0.3T	3
19	Rear stabilizer D76x1.5Tx480L	1	48	Flat washer D13*D6.5*1.0T	1

21L	Left pedal	1	49	Upper protective cover	1
21R	Right pedal	1	50	Flat washer D50*D10*3T	1
22	Cross screw ST4x1.41x10.L	2	51	Spring D1.0*55L	1
23	Upper left foot cap 80*55*87	2	52L	Left movable handlebar	1
24	Anti-loose nut M10*1.25*10T	2	52R	Right movable handlebar	1
25	Pin D6*26.5*7.7	6	53	Foam for moving handlebar D30x3Tx680L	2
26	C ring D22.5*D18.5*1.2T	2	54	Foam for fixed handlebar D23x5Tx530L,HDR	2
27	Adapter OUTPUT : 6VA	1	55	Mushroom cap D1 1/4"*45L	2
28	Tension cable D1.5x800L	1	56	Extension spring D3*D19*67L	1
29	Computer cable (upper) 800L	1	57	Waved washer D27*D21*0.3T	1
30	Motor 500L	1	58	Blot M6*1.0*15L	16

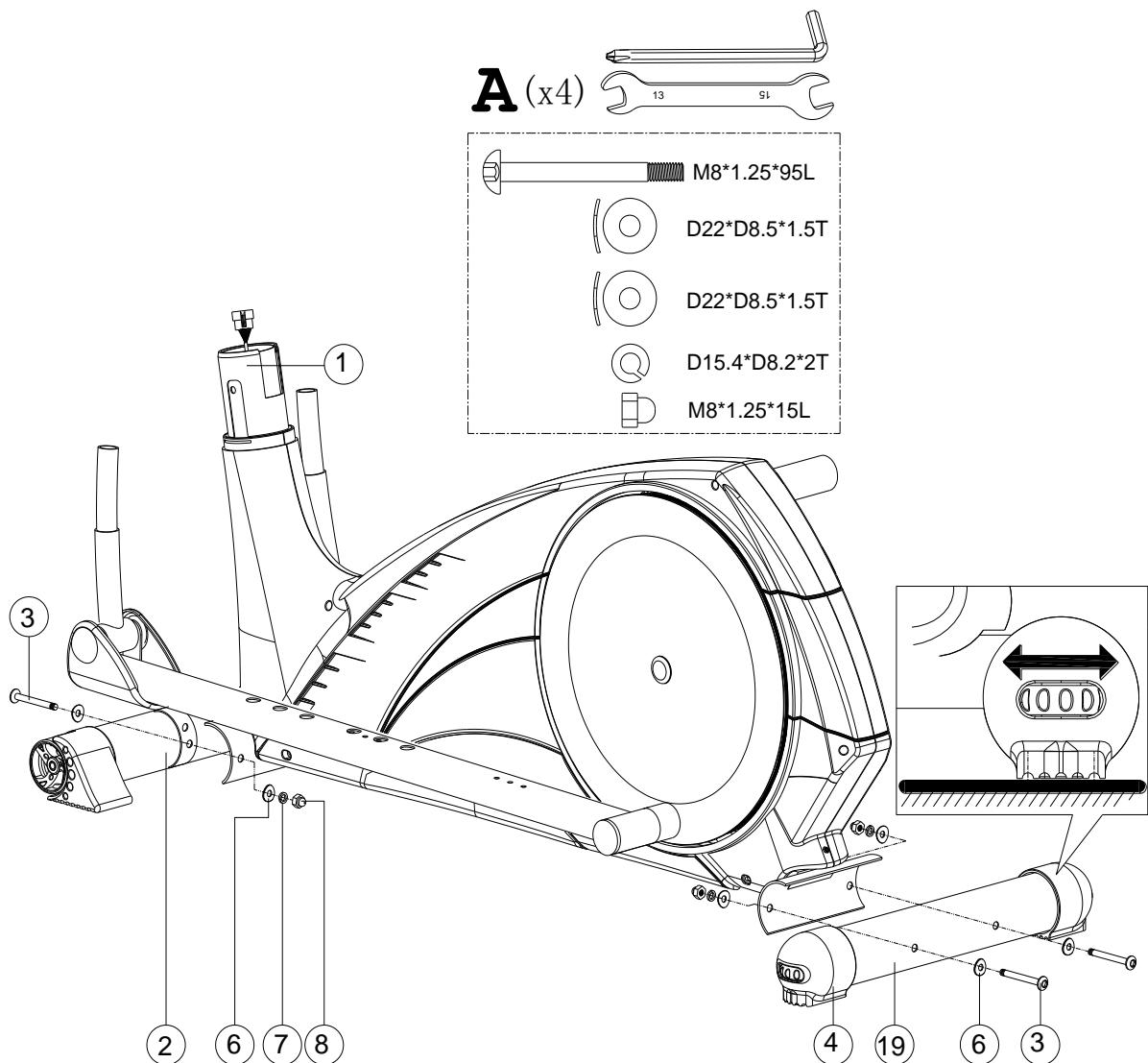
NO.	Description	Q'TY	NO.	Description	Q'TY
59	Allen blot M8*1.25*50L	1	81	Insert plug D71.5*108L	1
60	Flat washer D21*D8.5*1.5T	4	82	Nylon nut M6*1*6T	1
61	Crank axle D20*116L	1	83	Allen bolt M8x1.25x30L	1
62	Round magnet M02	1	84	C ring S-16	3
63	Cross screw ST4*1.41*15L	10	85	Bolt M6*65L	1
64	Computer SM-8808-67	1	86	Nut M6*1*6T	1
65	Hand pulse WP1007-12B(D22.2)	2	87	Round cross screw M5*0.8*35L	1
	Pulse cable 600L	2	88	Fixing plate for magnet	1
66	Flat washer D25*D8.5*2T	4	89	Nut M8*1.25*6T	2
67	Rear computer bracket 340*150*50	1	90	Round cross screw M5x0.8x10L	2

68	Front computer bracket 380*150*50	1	91	Round cross screw st ST3.5*1.27*15L	8
69	Front pedal axle D15.83*63.2L	2	92	Nut M5*0.8*5T	2
70	Fixing plate for idle wheel	1	93	Bearing #2203-2RS	2
71	Flat washer D28*D8.5*3T	1	94	C ring S-40	2
72L	Left fixed handlebar	1	95	Plastic cover D3*30L	1
72R	Right fixed handlebar	1	96	Fixing nut V	1
73	Flat washer D14xD6.5x0.8T	4	97	Sensor cable 1050L	1
74	Left protective cover	2	98	Electrical cable 1000L	1
75	Right protective cover	2	99	Cross screw ST4.2x1.4x20L	4
76	Cross screw M5*0.8*10L	4	100	Watter bottle	1
77	Knob D40*M6*12	4	101	Cross bolt M5*0.8*15L	2
78	Buffer 20*90*1.7T	4	102	Bottle holder 120*87*3T	1
79	Buffer D9*D5.8*13	3	103	Chest belt	1
80	Round cross screw ST3.5x1.41x20L	2			

CHECK LIST

	1						10
	2		 x1	49	 x1	 x4	77
	19			64		x1	
	67&68	x1		72L&72R			27
	17	M8*1.25*100L	x2		6	D22*D8.5*1.5T	x20
	3	M8*1.25*95L	x4		7	D15.4*D8.2*2T	x14
	9	M8*1.25*20L	x8		18	M8*1.25*8T	x2
	20	M6*1*45L	x4		8	M8*1.25*15L	x4
							x1

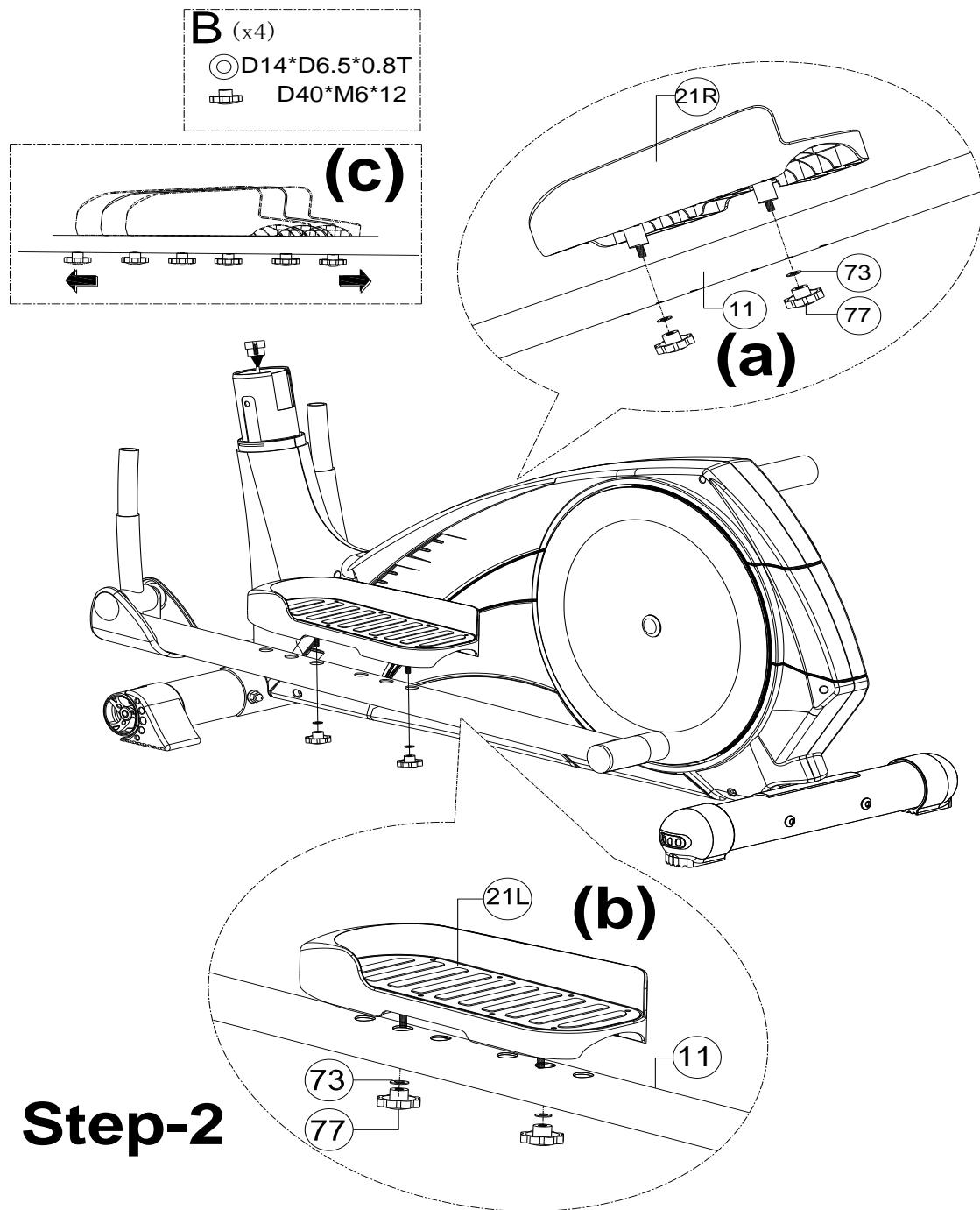
STEP 1



Step-1

- 1) Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the Allen bolt (3), the curved washer (6), the spring washer (7) and the domed nut (8).
- 2) Adjust the proper height by turning the wheel of rear foot cap (4).

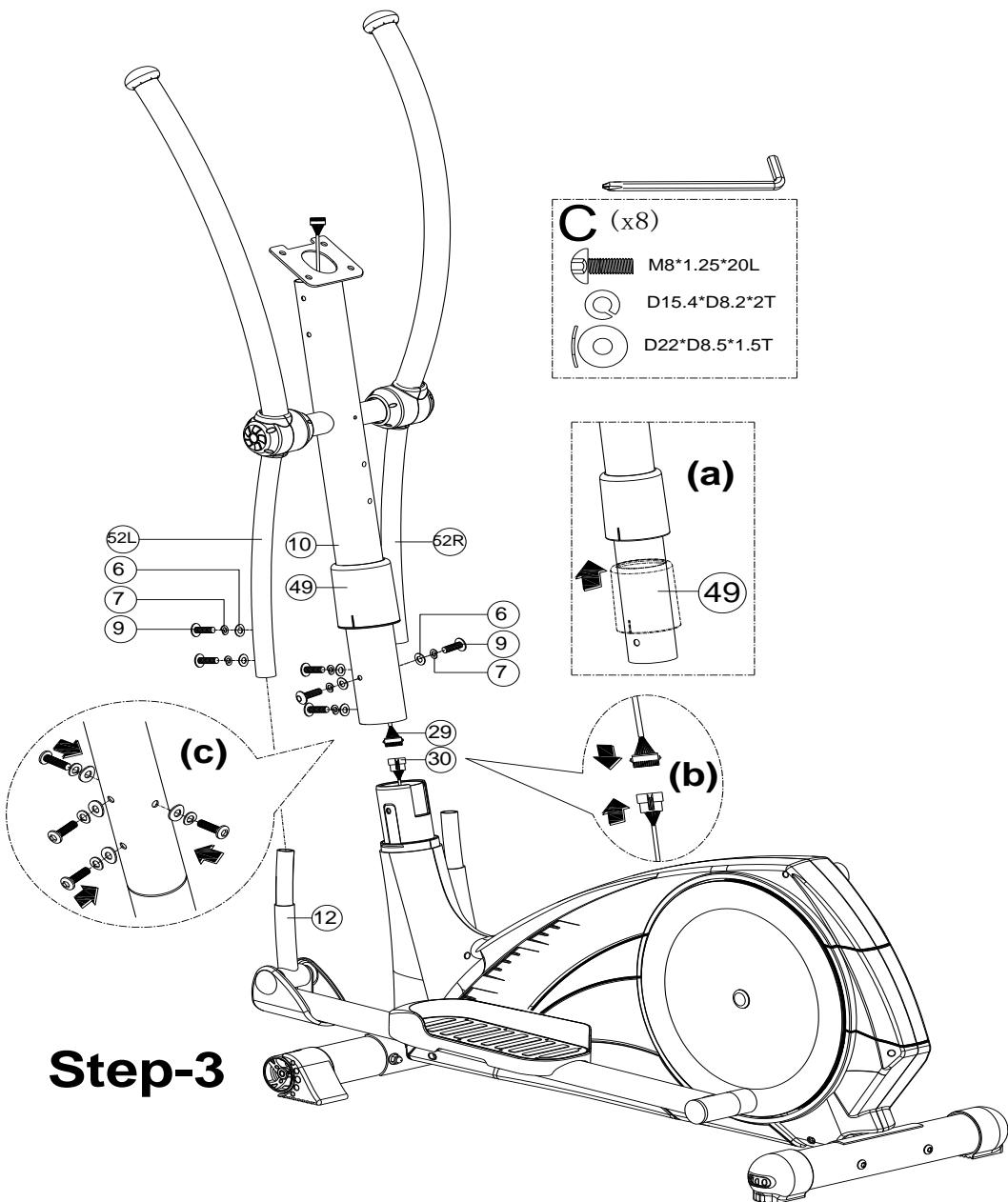
STEP 2



Step-2

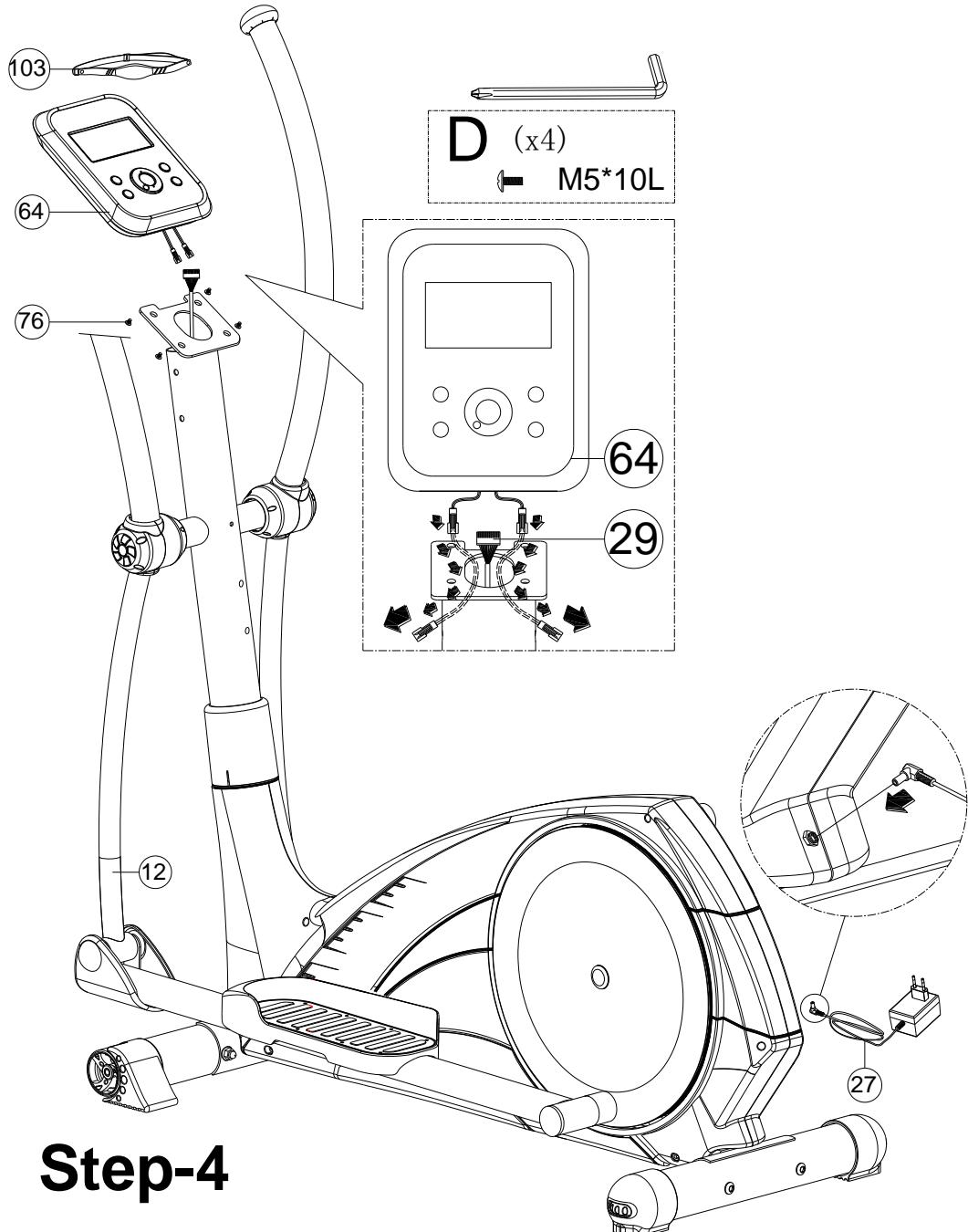
- 1) Assemble the left and right pedal (21L&21R) on the pedal supporting post (11) by using the square neck bolt (20), flat washer (73) and knob (77) like fig.(a & b).
- 2) 3 optional positions for the pedals like fig. (c).

STEP 3



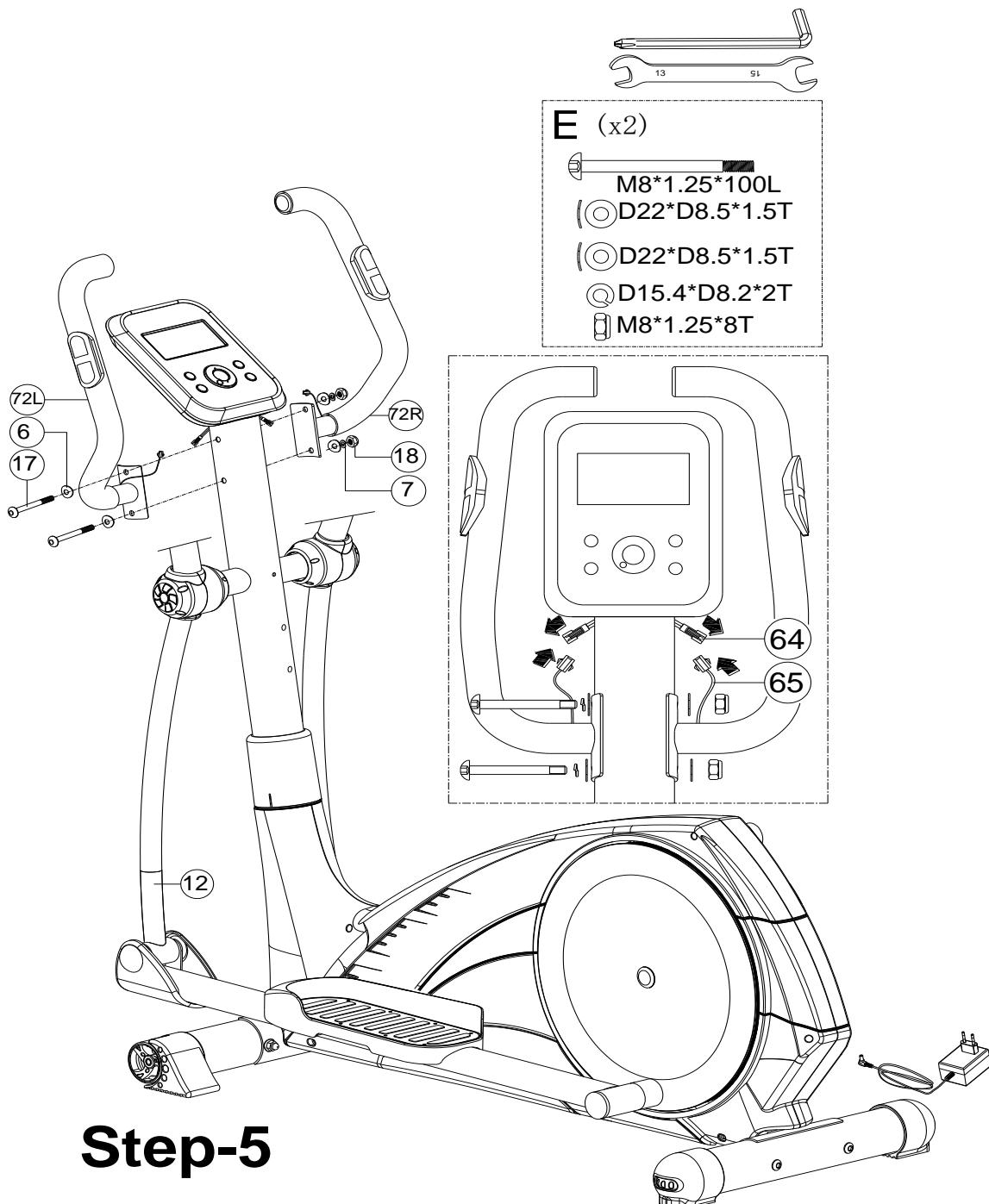
- 1) Suggest assembling this step by two persons.
- 2) Lift up the upper protective cover (49) like fig. (b), connect computer cable (29 & 30) like fig. (c),
- 3) Insert the handlebar post (10) on the main frame and tighten it like fig. (e) by using the curved washer (6), the spring washer (7) and the Allen bolt (9). Place down the upper protective cover (49) and make it tight on the main frame.
- 4) Assemble the left and right movable handlebar (52L&52R) on the movable supporting post (12) by using the curved washer (6), the spring washer (7) and the Allen bolt (9).

STEP 4



- 1) Connect the computer cable (29) with the computer (64), and then fix the computer (64) on the front post (10) by using the screws (76).
- 2) Plug the adaptor and test the chest belt(103).

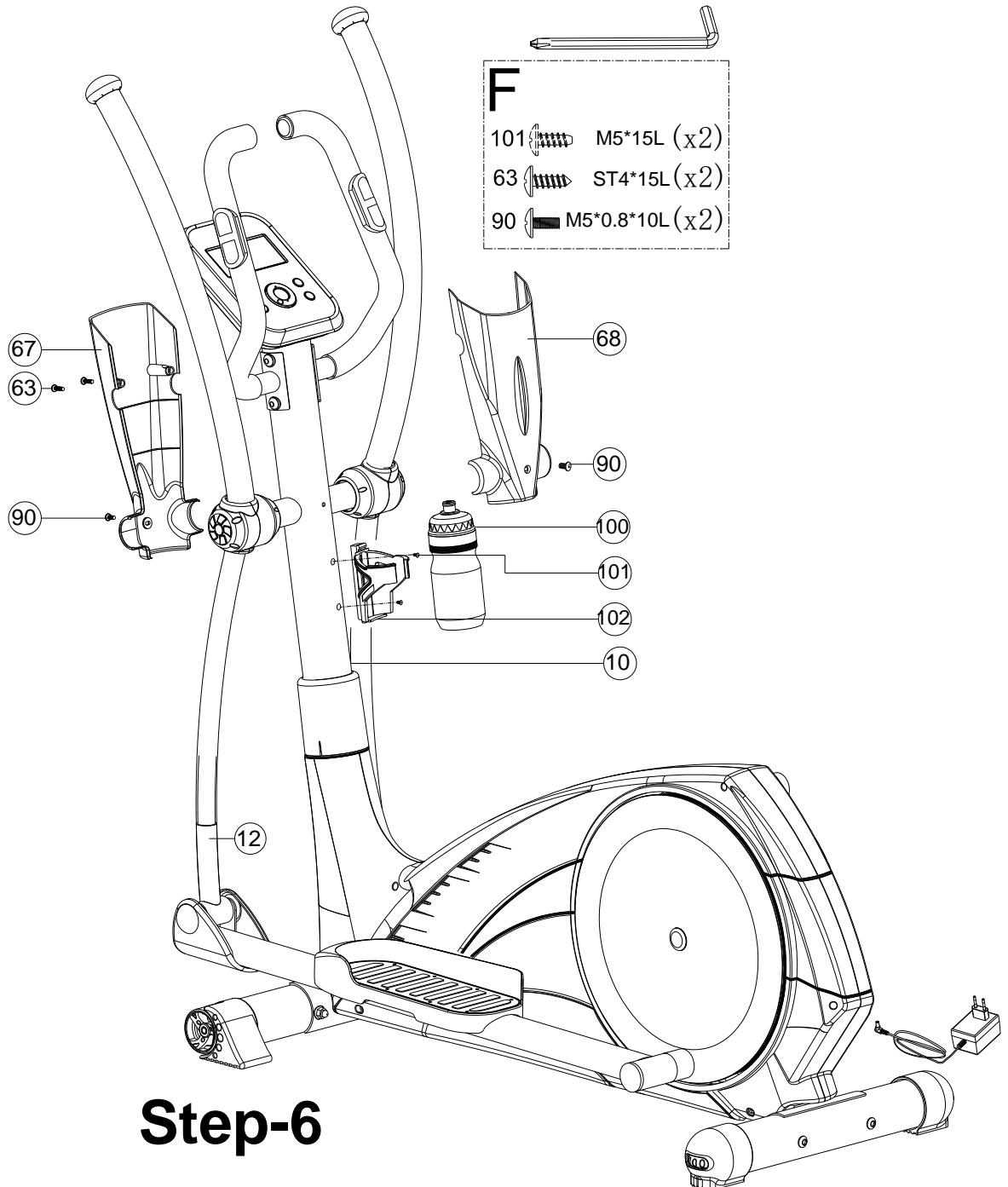
STEP 5



Step-5

- 1) Assemble the left and right fixed handlebar (72L &72R) on the front post (10) by using the Allen bolt (17), the curved washer (6), the spring washer (7) and the nylon nut (18).
- 2) Connect the pulse cable (65) with computer (64)

STEP 6



Step-6

- 1) Assemble the rear computer bracket (67) and front computer bracket (68) on the front post (10) by using the cross screw (63) and the round cross screw (90).
- 2) Assemble the bottle holder (102) on the front post (10) use cross bolt (101).Then put the water bottle (100) into the bottle holder (102).

INSTRUCTION MANUAL OF SM8900-71

【BUTTON FUNCTIONS】

UP	To make upward adjustment to each function data or increase training resistance.
DOWN	To make downward adjustment to each function data or decrease training resistance.
MODE	To confirm all setting.
STAR/STOP	To start or stop workout.
RESET	To reset current setting and have the monitor switch to initial training mode for selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat % Press the BODY FAT button in standby mode and modify user data.

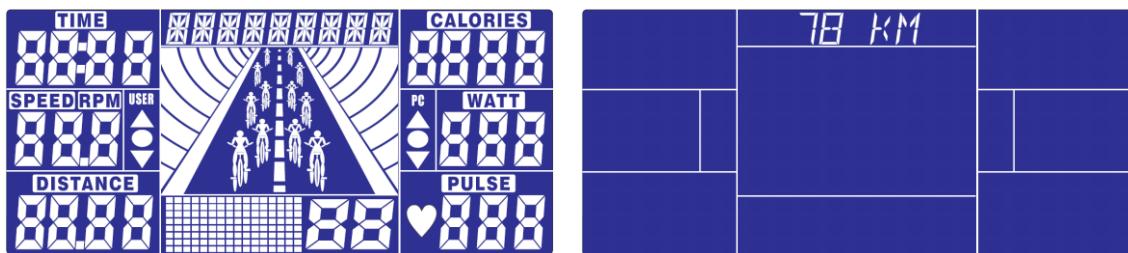
【DISPLAY FUNCTIONS】

TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensemement is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230, and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.

【OPERATING PROCEDURE】

Power on:

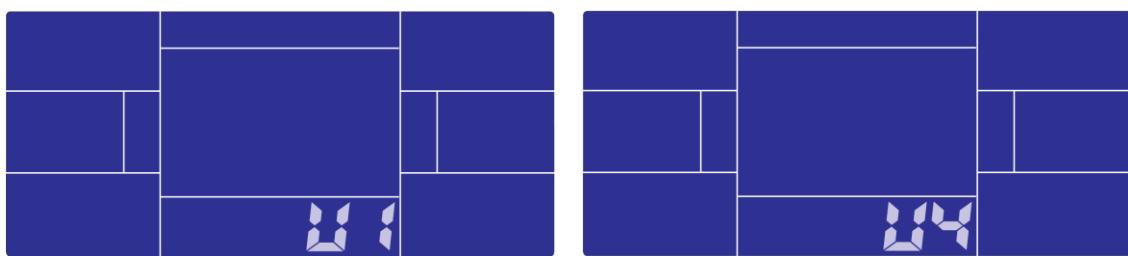
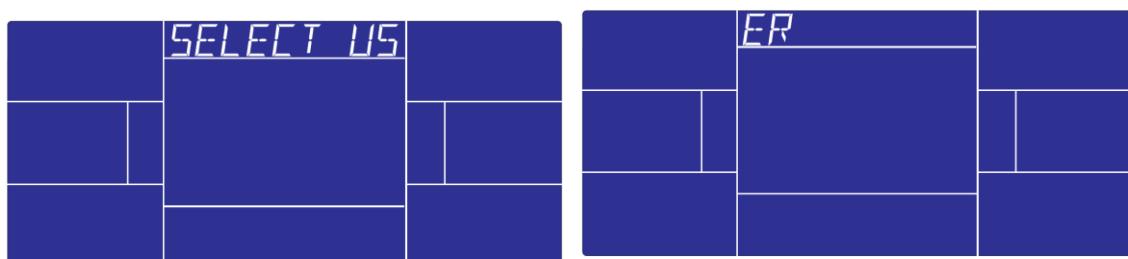
1. Please connect power adaptor to DC JACK, and console will power on with beep sound for 2 seconds and LCD display all segments.



2. Console will show "SELECT USER", user may press mode to enter into user selection mode.

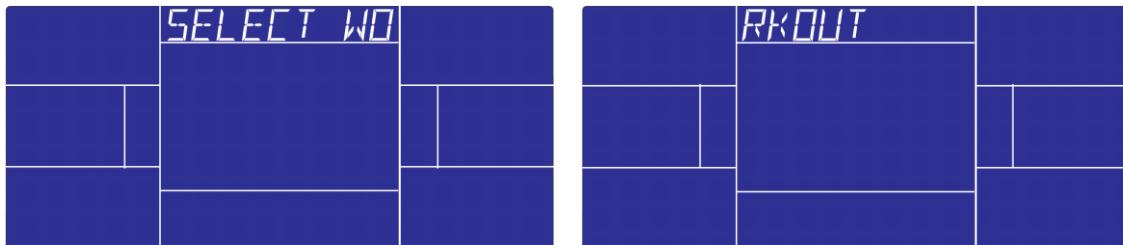
Use joggle wheel to select U1 to U4 and press MODE for confirmation.

And then preset user information for SEX, AGE, HEIGHT and WEIGHT.



3. In standby mode, console will display “SELECT WORKOUT”, user may press MODE to enter into

selection mode. And use turn joggle wheel to select MANUAL → PROGRAM → USER PROGRAM → H.R.C., → WATT



Workout in MANUAL mode:

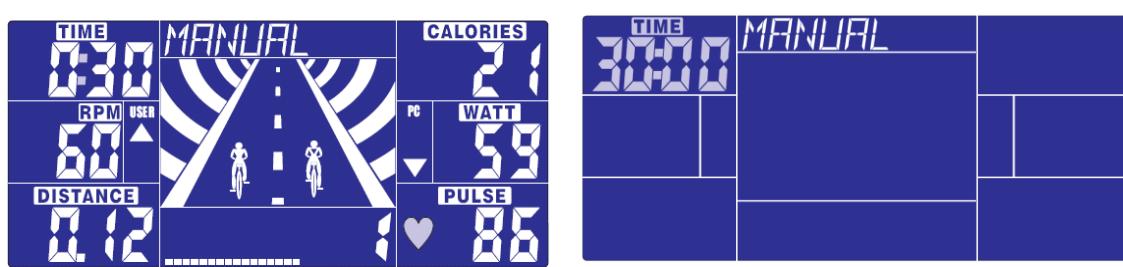
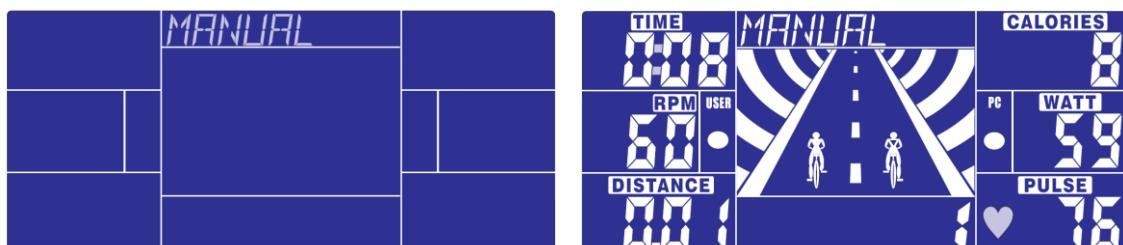
In standby mode, select MANUAL and press MODE to enter.

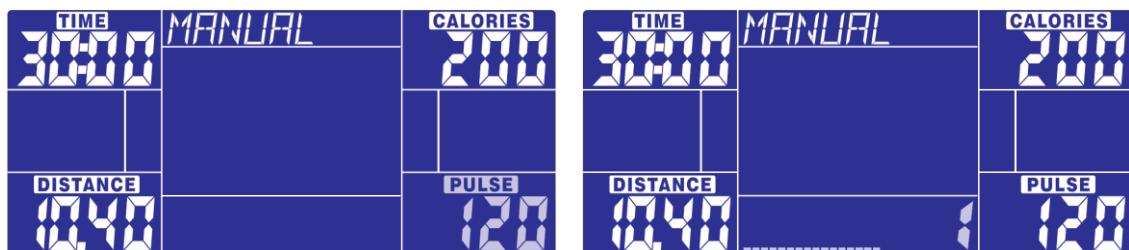
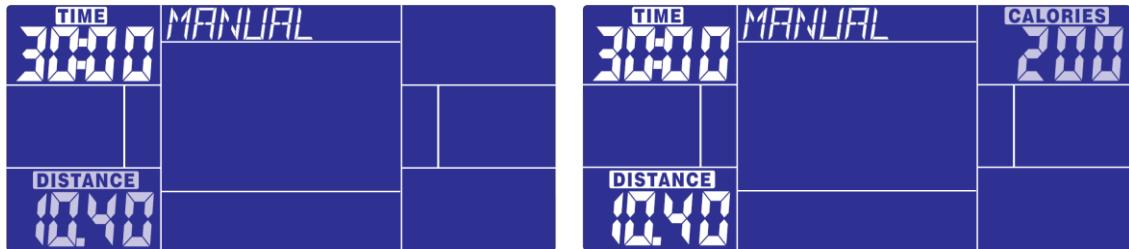
Quick start: User may press START/STOP to start training in MANUAL, all exercise values will start counting up from zero.

After enter into MANUAL mode, user may set up TIME → DISTANCE → CALORIES → PULSE → RESISTANCE LEVEL by follow flashing windows, and press START/STOP to start workout. All values will start counting down to zero. (To clear setting, press RESET button)

In manual mode, biking animation will move forward every 3 km, and PC speed will be the same as

user's speed.





Workout in PROGRAM mode:

In standby mode, select PROGRAM and press MODE to enter.

User may turn joggle wheel up or down to select preferred program from 1 to 12, and press MODE to confirm. Program profile will flashing, user may turn up or down to adjust profile's resistance level.

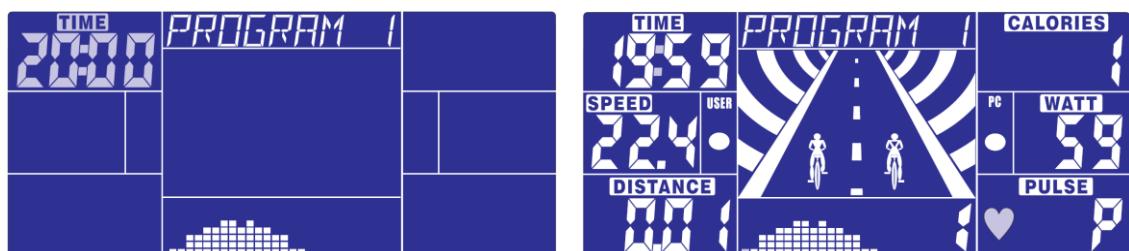
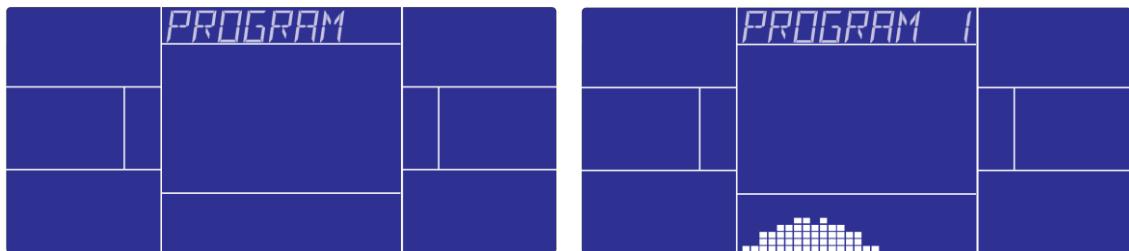
TIME is fixed in 20:00, which is not adjustable. Press START/STOP to start workout and racing with PC.

After start, TIME will start counting down; the runway animation will follow user's RPM input.

User need to follow PC speed by checking below symbols to finish the entire 20 minutes training:

- ▲ : USER speed > PC RPM – user need to slow down
- : USER speed = PC RPM
- ▼ : USER speed < PC RPM – user need to speed up

When TIME count down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.



runway



Workout in User program mode:

In standby mode, select USER PRO and press MODE to enter.

User may create his/her own preferred profile by turning UP and DOWN to set up resistance level of each row, and press MODE to confirm. User may hold on pressing MODE button to finish setting.

Time is fixed in 20:00, which is not adjustable. User may press START/STOP button to start workout.

After start, TIME will start counting down; the runway animation will follow user's RPM input.

User need to follow PC speed by checking below symbols to finish the entire 20 minutes training:

- ▲ : USER speed > PC RPM – user need to slow down
- : USER speed = PC RPM
- ▼ : USER speed < PC RPM – user need to speed up

When TIME count down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.

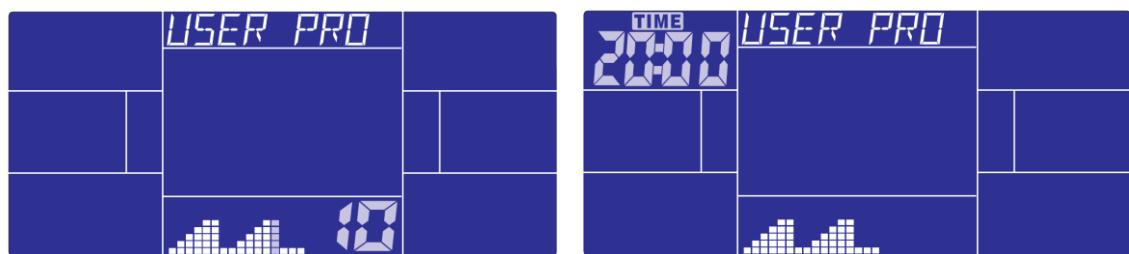
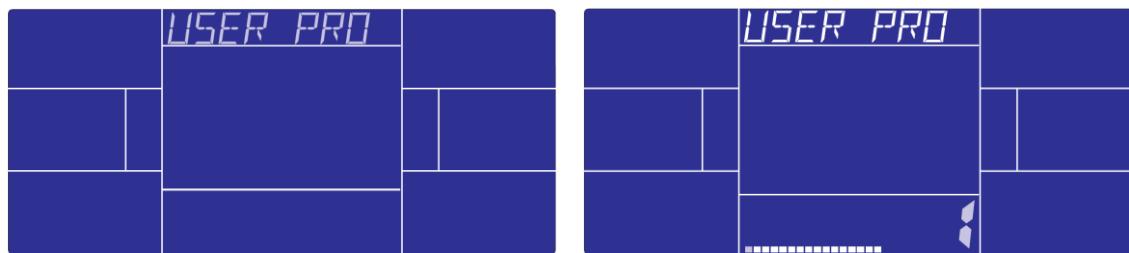


圖37

圖38



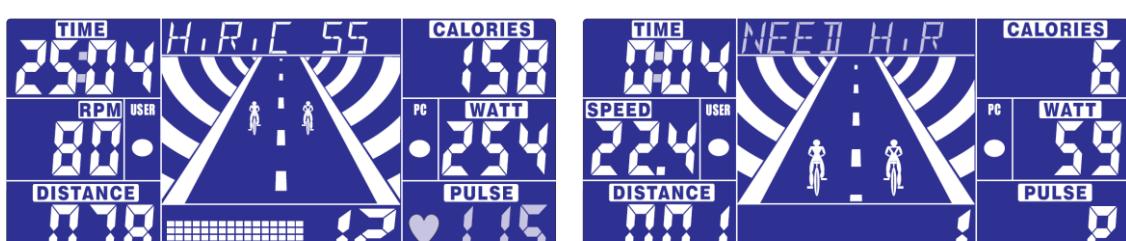
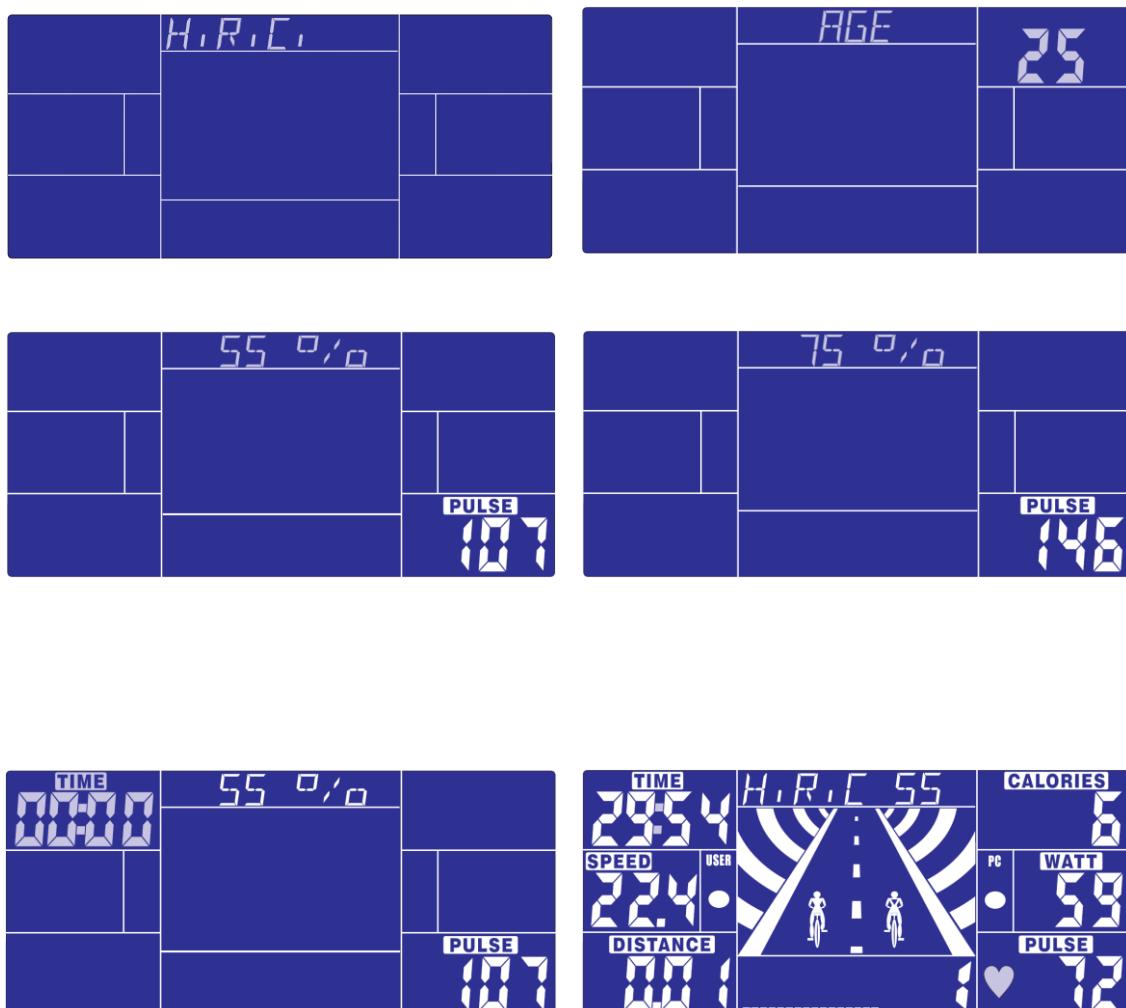
圖39

Workout in H.R.C. mode:

In standby mode, select H.R.C. and press MODE to enter.

AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN button and press MODE. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER button for training.

If there is no HR input for 5 seconds, LCD will display “NEED H.R.” until HR signal input.



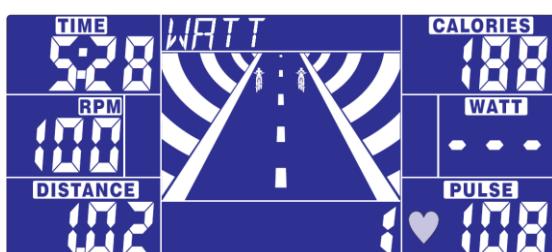
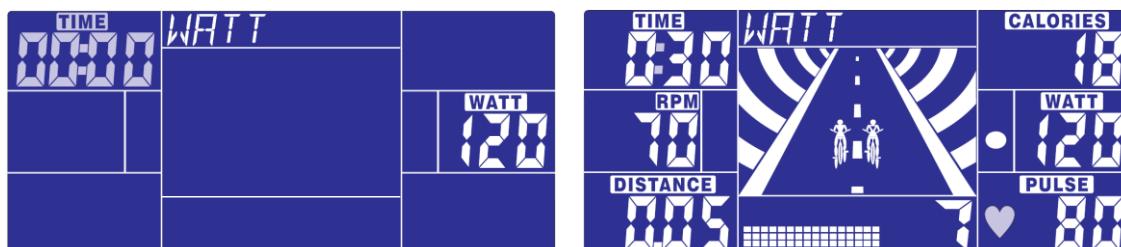
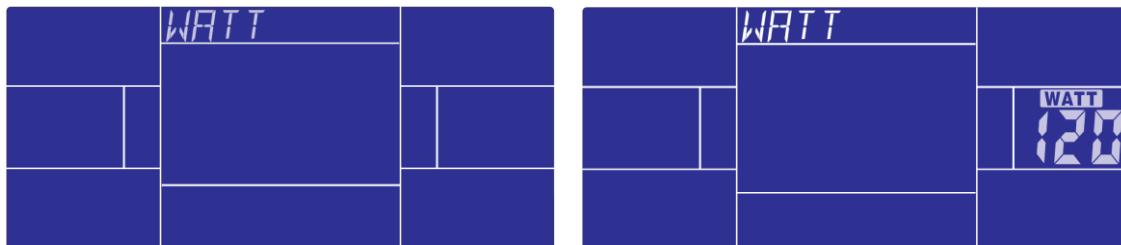
Workout in WATT constant mode:

In standby mode, select WATT and press MODE to enter.

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350. Pressing START button to start training.

After start, Level is adjusted according to RPM to reach the setting WATT.

- ▲ : WATT > setting WATT 25% – user need to slow down
- : WATT = setting 25%
- ▼ : WATT < setting 25% – user need to speed up
- : WATT > or < setting WATT 50% (OVER SPEC)---



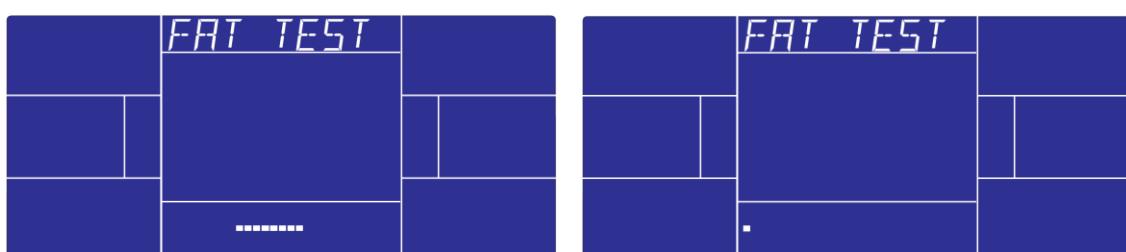
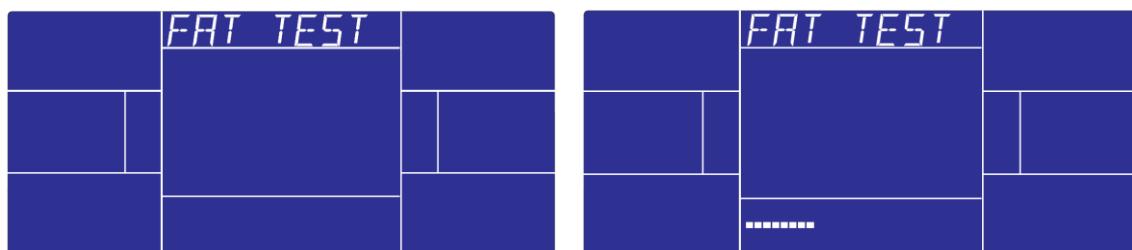
BODY FAT

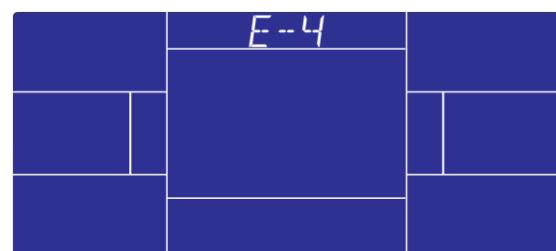
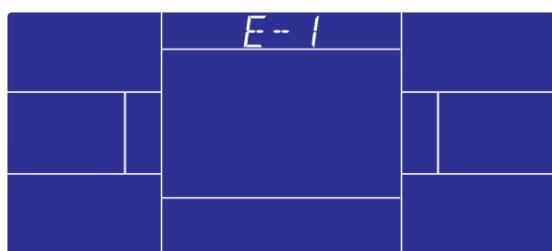
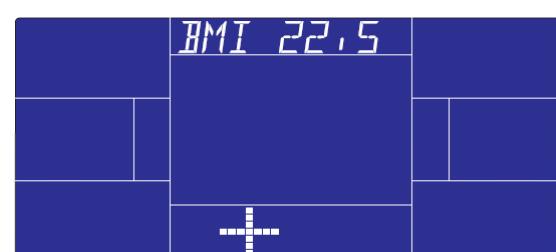
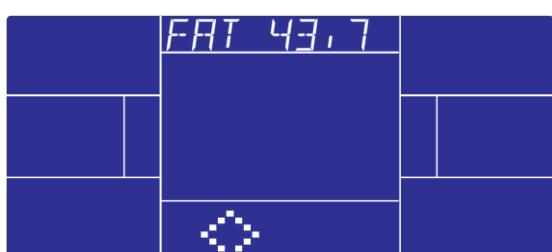
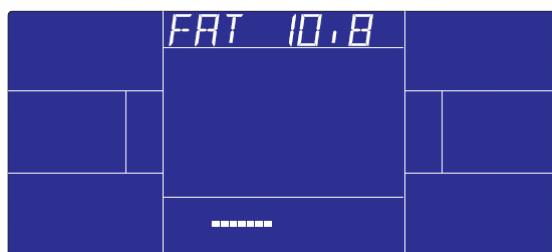
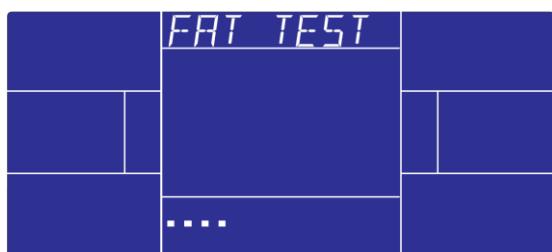
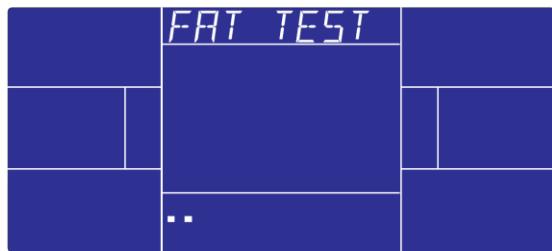
You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps as below:

1. Press BODY FAT button, and hold on handgrip to start body fat testing.
2. The symbol "-----" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage and BMI and the fat advice in different symbol.
3. It would be possible to display other indication if you have the following situation:
 - "E-1" - When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.
 - "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODY FAT button to have the computer back to working continues from the previous data before testing. The BODY FAT advice figure and BMI will disappear.

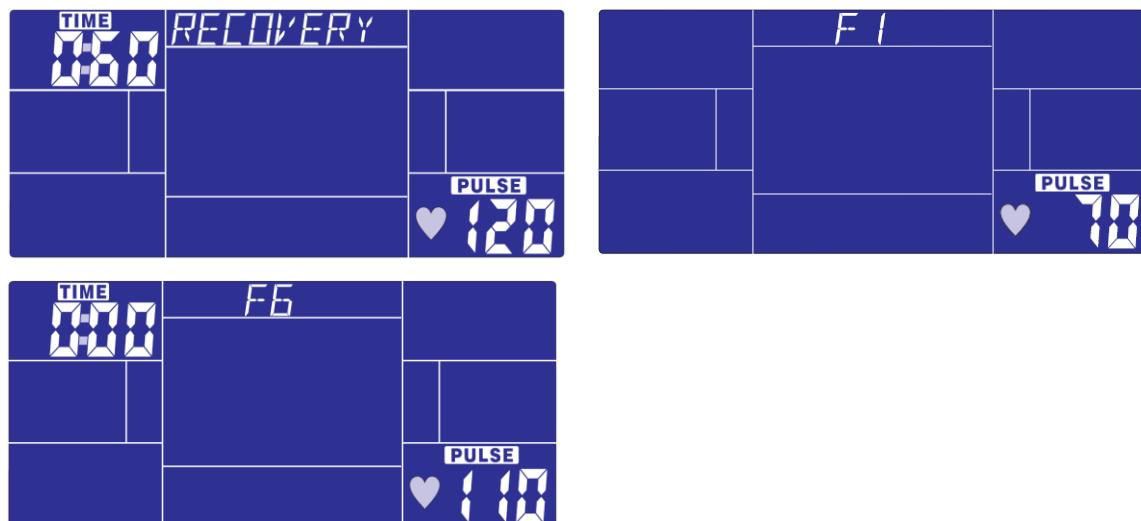
SYMBOL					
SEX	FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.8%	26%-30%	>30%	
FEMALE	<23%	23%-35.8%	36%-40%	>40%	





RECOVERY:

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1,F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



NOTE:

1. This computer require 9V, 1A or 9V, 0.5A adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.
4. If cables between computer and servo motor were broke, then computer will display E2.

User may check first if cables are well connected or consult with our agent.